



Presto Fitness Group Exercise Schedule July 2026

Morning/Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM – 6:15AM Stronger You Back & Biceps - Tara	5:15AM – 6:15AM Stronger You Lower Body	5:30AM-6:15AM HIIT Chrissy	5:15AM – 6:15AM Stronger You Chest & Triceps	Closed Friday July 3rd	
9:30AM – 10:30AM Stronger You Back & Biceps- Tara	9:30AM – 10:30AM Stronger You Lower Body	9:30AM – 10:30AM Butts & Gutts Tara	9:30AM – 10:30AM Stronger You Chest & Triceps	9:30AM – 10:30AM Boxing/Core Circuit Nicole	8:00AM – 9:00AM Strength Training Chrissy
10:30AM – 11:30AM TRX Pilates Tara	12:30PM – 1:15PM Bounce & Box - New Tara	12:30PM – 1:30PM Total Body Bounce Karen	10:30AM – 11:30AM Rebounder 20/20/20 Tara		

Evening

Monday	Tuesday	Wednesday	Thursday	Friday
5:30PM – 6:30PM Stronger You Back & Biceps	5:30PM – 6:30PM Stronger You - Lower Body	5:30PM-6:00PM Pelvic Floor Strength & Stretch Class - New	5:30PM – 6:30PM Stronger You Chest & Triceps	
6:30PM-7:15PM Bounce & Box - New Tara	6:30PM – 7:30PM TRX Pilates Tara	6:00PM – 7:00PM Butts & Gutts - New Tara	6:30PM – 7:30PM Circuit Class Tara	

Sign up for classes at www.prestofitness.net

Stronger You is open to everyone for the summer, sign up to hold your spot on our website!

510 Dublin Pike, Suite B, Dublin, PA 18917
 (Behind The Tile Gallerie)
Prestofitness1@gmail.com
 (267) 664-0534

Class Name/ Description:

TRX Pilates: Beginner to Advanced Class. A dynamic full-body workout blending traditional Pilates principles (breath, control. Flow) with TRX suspension training, using body weight and instability to build core strength, flexibility, balance and muscle tone.

Butts and Guts: All level class focusing on strengthening and toning your glutes (butt), core (guts), and lower body (hips, thighs, hamstrings) using dumbbells, kettlebells, resistance bands and gliders for a defined physique, better posture, and foundational strength.

Rebounder 20/20/20: Beginner to Advanced low impact cardio, strength and core exercises on a mini trampoline combining gentle bouncing, jogging or jumping jacks with core engagement for a full-body exercise that easy on the joints but builds endurance, strengthens bones, improves balance and boosts lymphatic drainage. 20 minutes warmup/cardio, 20 minutes strength, 20 minutes core/cool down.

Boxing/Core: Beginner to Advanced class that blends high intensity interval training with boxing drills, combining explosive punches (jabs, crosses, hooks, uppercuts) and defensive moves (slips, weaves). Expect a full body workout using heavy bags, gloves and mitts (gloves available to borrow).

Strength Training: All level full body workout using a mixture of TRX, kettlebells, dumbbells and bands designed to increase muscle mass, bone density, and endurance.

Total Body Bounce: Beginner to Advanced low impact cardio, strength and core exercises on a mini trampoline combining gentle bouncing, jogging or jumping jacks with core engagement for a full-body exercise that is easy on the joints but builds endurance, strengthens bones, improves balance and boosts lymphatic drainage. Instructor choices steady cardio dance or interval style.

Circuit Class: Move through a series of exercise stations using Presto Fitness modern and classical equipment for a class that feels like it's over as soon as it started, leaving you wanting to come back every week. The class is designed for beginners to advanced participants.

Stronger You: All level strength training program designed to build muscle by breaking down the major muscle groups into three one hour workout sessions. Mondays are Back & Bicep, Tuesdays are Lower Body and Thursdays are Chest & Tricep. Class includes mobility training

HIIT: Alternates short bursts of intense exercise with periods of rest or low intensity recovery, efficiently building cardiovascular endurance, burning fat and boosting metabolism.

Pelvic Floor Strengthening & Stretch: Reconnect with your core in this 30-minute class featuring pelvic floor strengthening for the first 15 minutes followed by deep restorative stretching.

Bounce & Box: Punch, bounce, and sweat your way through this high-energy workout that combines boxing-inspired moves with the fun of rebounding. Improve your cardio, coordination, balance, and endurance while enjoying a low impact, full body 45-minute workout.

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